Dear Paul, 2/11/76

Your newest thoughtfulness could not have come at a better time! I appreciate it so much. And more because of the not good medical news a carbon of which is ebclosed. I&ll explain that first, and again apologize because I was away all day and have a job to do for which I'll be paid as soon as we have su pper.

After I was sick for the first time in decades last April andMay it made me think of the future. What will happen to my records, etc. So while he has not had time to draft the papers in legal form, I wrote a long explanation to Jim Lesar of what I want and asked him and another friend of whom you've not heard, two of the most solid and thoroughly honest people ever, to make the decisions, with a suggestion that they consult with another if they do not agree. The other is my age. It is to the two other than Lesar that I wrote this to update them in the event they have to know. I'm not borrowing trouble but I'm not being careless. either.

I think I've let you know some of this. When I was in NYC to see a friend who was also concerned I saw his internist, whose questions more than his examination was quite informative. One of his recommendations was that I have quarterly examinations but a vascular man. I knew he wrote my ore-paid insurer, Group Health Association, which has its own medical staff. 2I also wrote as soon as I got home. When there were no prompt reaction I decided to start seeing local doctors, despite paying $1,200 a year for supposedly full coverage and "preventive medicine."

The general practitioner I saw Monday was fine, taking his time and pselling out what worried him, no pulse in parts of the left foot and weak elsewhere. He could recommend a clocal vascular surgeon, called him while I was dressing, and the guy had an opening for yesterday. He asked me to get the records from Washington, gave me a note asking their release, and I've indicated the rest.

I still have not seen a phlebitis expert, if there is such a thing.

The GP went into things nobody else had earlier. Like I can't safely exercise on an Exercycle when the weather precludes walking outdoors. He said, however, to be certain to walk in the house those days. If I walk up and down doijg nothing I'll be like a caged animal, worse because there is so much I want to do. So, as I returned I stopped off at the Lanier distributor, who was not in and whose supply has not been replenished. I guess they are selling fast because I got a mailing from the main office with a ~~xtmk~~ toll-free number. I called it to learn more about the machiine and someone was to call me back. (What I had in mind is could it be wired, if one of the plugs is not for this purpose, so that I can patch into a standard machine for transcribing. If they called back today I wasn't here and my wife works through 4/15.) It had been my intention to ask him about this and to then see if we could swing it. I now have to worry about extra medical expenses, some of which I've already incurred, that I know my insurer will not pay willingly if at all. But I had decided, with this injunction to walk in the house, that I really had to do it else my productivity would fall more. And that would worry me more. Become a vicious cycle.

I really am being careful as I must be, so I can do what I feel I should. So, for a 10 a.m. court date this morning (King case, federal court, D.C., when I could have driven it is less than an hour and a half, including parking, I got up 5:30, drove to the bus station, parked the car (imagine- a whole day for 25¢!) and was in D.C. an hour and a halfearly. I could not include a regular tape recorder in the attache case, which is a large one. The additions I had to make to a handwritten memo for Jim in anticipation of what could come up on court took only 20 minutes. While I read the rest of the trip, I also realized I could have written, picking up where I left off last night. And on the trip back. So, I hope I can make it work writing on a pocket machine. And I more than just grateful.

I am making other changes. I'll be able to make this one. Normally I've been smoking close to three packs a day. I've been up 15 hours, was disquieted by the new medical information, but have smoked only 10 cigarettes. I'm cutting down on the not extraordinary food intake and as a real, lifelong ~~ex~~ coffee fiend I'm down to three drinking, not measuring cups a day. ...

We had a major/minor victory in court today, in a very few minutes because we have a non-fink judge but one who is still under pressures. She ordered the government to answer interrogatories we filed and gave them 30 days. Meanwhile, when it got close-and without telling their attorney, the U.S.Attorney, DJ blinked. The have admitted having in one set of files only enough new King information to require a week of a lawyer's time to search it. Regulations prescibe a fee of $325, one-quarter down. We sent it by return mail. And this doss not include the FBI, which has fantsatically large files. Of course as they are the only ones who can see their files, they may attest there is nothing there and then we'll lock horns. But what I'm saying is what I've said before in a different way: the self-promoters and the coppers-out have taken the edge off JFK, as I perceived some time ago, so I'm off on a switch that has already been productive enough for a book I didn't expect to write. There will be a hassle over all of this so we've decided to let the government makes the moves first in this case, and we'll merely knock them down agterward. And hope it works. Meanwhile, I'm certain I'll be getting more but not what I've asked for because that would break the case apart. I don't see this, but it is not impossible. However, with attention I have anew what can do the same thing.

There was a time when I did think some good might come out of the Church committee. That they swung on the administration crives from the Rockefeller commission was the first discouragement and the week after my meeting with Schweiker, on his invitation, was the second.

That was the day I learned, belatedly, that I had phlebitis. It was also agony. But Is spent the morning with him left encouraged that he would be responsible, and the next week he was off on the same hut stuff in his constituency. That was before the middle of October. He hadn't even issued any subpoenas! And he is also a lawyer.I did lay out a course of them that his counsel did record, but not what I could have done if I'd been forewarned. Who could imagine such incompetence? I do not know if there was any follow-through and he has been out of the papers (which could be a good sigh) but if he did, quietly, there may yet be a good if not really reforming development.

On the face face they've all chickened. The ease with which the intelligence community has been manipulating them is obvious except to the blind. ~~Thax~~ This will wind up with with what was prescribed not being. Or, the spooks will have sanction.

Oswald in New Orleans, which I did not print and on which the editing introduced errors not in the ms, has been out of print for years. I have a few copies. One is with the Whitewash as a slight reciprocal gift. Only please don't let anyone know you got it from me. Electrostatic reproduction locally would cost $21 and I'm not sure it would be clear, So I'm nursing the very few copies I have and not letting any but authentict scholars know I have any. It was a longer work, cut without wisdom or judgement. It was done the first of April, 1967. I've learned much since.

...Paul, I do appreciate this very much. This is a rough period. I do not know what lies ahead. I do know that the best I can expect is that it not be as bad as it might be. So, few as they are, every thoughtfulness, every kinds, means so much more!

Sincerely,